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WHAT IS HEMI-SYNC®

Hemi-Sync® is a patented, scientifically and clinically proven audioguidance technology refined with 50 years of research. Researchers learned that specific sound patterns could lead the brain to various states of consciousness ranging from deep relaxation or sleep to expanded awareness and other extraordinary states.

The audio-guidance process works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brain-wave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or Hemi-Sync®, where the left and right hemispheres are working together in a state of coherence. Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention, or other desired states. As an analogy, lasers produce focused, coherent light. HemiSync® produces a focused, coherent mind, which is an optimal condition for improving human performance.

Music, verbal guidance, or subtle sound effects are combined with Hemi-Sync® signals to strengthen their effectiveness.

These recordings **do not** contain subliminal messages. You are always in control.